



 **Homemade Method™**

20 MINS OR LESS MEALS
LIVE EVENT RECIPE GUIDE



MESSAGE FROM OUR FOUNDER

Feeling stressed... overwhelmed?

Or just enjoying your busy and full retirement life? 😊

Then you're going to love our quick and easy recipes featured in the event:

"20 Mins or Less Meal Prep Tips & Hacks, with Dietician and Chef Lizzie"

And in this booklet, you'll find great ideas simple and healthy recipes you can whip up in minutes to get meals on the table in record time

This is your chance to learn more about how you make the most of your meal prep time and create the healthiest and tastiest meals...

Without doing overtime in the kitchen!

warmly, Anna Rakoczy, Founder of the Homemade Method

xo Anna



Speedy Shakshuka

You know when dinner time rolls around and you've got no plan? We've all been there! With this special **balanced recipe**, you can have a healthy meal on the table in a flash - and it's **budget-friendly** too!

The tomatoes in this dish are a great source of **lycopene and vitamin C**, powerful **antioxidants** that help to curb inflammation and strengthen your immune system. With tender poached eggs on board, this meal is a great source of **satisfying protein** too - which will help keep you full for hours and promotes **natural weight loss**.

Go ahead and play around with this dish! This recipe is written as an "**SOS Dinner**" - so it's for those times when you've got no plan, but need a nourishing meal fast. So feel free to use what you've got on hand and really **tailor the flavors** to your liking.

SPEEDY SHAKSHUKA

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Prep 5 minutes **Cook** 10 minutes

Serves 1

- 1 tsp olive oil
- ½ tsp red chili flakes
- ½ can diced or crushed tomatoes (14.5 oz/can)
- Salt & pepper, to taste
- 1 tsp paprika
- ¼ tsp dried basil
- 2 Tbsp water, or more as needed
- 2 eggs

To serve:

- 2 cups spinach
- 1 naan bread, whole wheat/whole grain (6-inch)
- 2 Tbsp crumbled feta or shredded cheese of your choice (optional)

Directions:

- Begin by heating oil in a small skillet over medium heat.
- Add the chili flakes and cook until fragrant; about 1 minute.
- Tip in tomatoes and season with salt and pepper. Add paprika, basil, and water and bring to a simmer.
- With a spoon, create two little wells and gently crack the eggs into them.
- Cover pan with a lid and reduce heat to medium. Allow eggs to cook for 2-3 minutes, or until set to your preferred doneness.
- In the meantime, warm your naan bread in the oven or toaster.
- In a serving bowl, place the spinach. Carefully pour over the shakshuka mixture and enjoy hot with wedges of naan for scooping and dipping.
- Sprinkle with cheese if desired.



No-Plan Veggie Soup

This simple recipe is **our go-to** when the tummy starts grumbling but there's "nothing to eat"!

Use this soup as **a vehicle for any odds and ends** kicking around in your fridge - like that half of a zucchini and limp old parsley you've held on to all week. This recipe is almost **magical** in that it allows you to create a fresh, homemade, nourishing meal with virtually no effort and just a few staple ingredients. Plus - it's **DELICIOUS**.

This No-Plan Soup is **packed with protein, fiber, and antioxidants** thanks to the use of abundant veggies and beans. We love to make a variation of this with crispy toast for dipping to make a comforting meal in no time.

NO-PLAN VEGGIE SOUP

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Prep 5 minutes **Cook** 15 minutes

Serves 1

- 2 tsp olive oil
- 1 cup frozen vegetables of choice
- 2 cups spinach, roughly chopped
- 1 cup cooked beans of choice
- 1 tsp Italian seasoning, or any herbs or spices you enjoy
- ¼ tsp garlic powder
- Salt & pepper, to taste
- ½ can diced (or crushed) tomatoes (14.5 oz/can)
- 1 cup water or stock

Optional add-ins:

- ½ cup cooked grains or pasta
- ½ cup leftover chicken or tofu

To serve:

- 1 slice toast, whole wheat/whole grain
- 1 tsp balsamic vinegar
- 2 tsp Parmesan cheese, shredded

Directions:

- Begin by heating the oil in a small pot over medium heat.
- Add the frozen vegetables, spinach, and beans. Cook until vegetables are thawed and spinach is wilted; about 5 minutes.
- Add the Italian seasoning and garlic powder, and season with salt and pepper. Cook an additional 2 minutes, stirring occasionally.
- Tip in the canned tomatoes and water. Bring to a simmer.
- Allow to simmer gently for 5 minutes; taste and adjust seasoning. Add any extra ingredients you like.
- Serve with a side of crispy toast, drizzled with vinegar and sprinkled with cheese.



Fried Rice in a Flash

If you're **hungry and tired** and about to order takeout, make this instead! Your body (and your wallet) will thank you.

Are you lucky enough to have a portion of cooked rice in the freezer (which we always recommend)? Then **we've got your dinner idea** right here. With fiber-rich veggies, protein from eggs, and healthy fats from avocado oil and nuts - this delicious meal is sure to hit the spot while **honoring your health**.

With just a few simple and **budget-friendly** ingredients, you can have a delicious and nourishing meal on the table in minutes. It practically cooks itself!

FRIED RICE IN A FLASH

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Prep 5 minutes **Cook** 10 minutes

Serves 1

- 1 Tbsp avocado oil
- 1 cup cooked brown rice
- 1 cup frozen vegetables of choice
- 1 egg, lightly beaten
- 1 Tbsp low-sodium soy sauce
- ⅓ tsp red chili flakes (optional)
- 2 Tbsp almonds, chopped
- 2 green onions, thinly sliced

Optional add-ins:

- 4 oz cooked chicken, shrimp, or tofu

Directions:

- Begin by heating the oil in a large nonstick skillet over medium-high heat.
- Once oil is shimmering, add rice and frozen vegetables. Cook until vegetables are defrosted and rice is hot; about 5 minutes.
- Push the rice and vegetable mixture to one side and pour the beaten egg into the pan. With a spatula, scramble the egg as it cooks.
- Combine the rice mixture with the egg and season with soy sauce and chili flakes. Add any additional ingredients you like.
- Serve hot, topped with chopped almonds and sliced green onions.



Any-Meal Omelette

There is no wrong time to eat an omelette.

By their very nature, omelettes make for the perfect **quick and savory** protein-rich meal. And when you add veggies and some whole grain toast, you've gone and created a **balanced and nourishing meal** in mere minutes.

Have a play with **herbs, spices, cheese, and fillings**. The omelette is a brilliant vehicle for experimentation! Packed with **fiber, protein, and satisfying fats**, this meal deserves to be on your regular roster.

ANY-MEAL OMELETTE

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Prep 5 minutes **Cook** 10 minutes

Serves 1

- 1 Tbsp avocado oil
- 1 cup frozen vegetables of choice
- 1 cup spinach, roughly chopped
- Salt & pepper, to taste
- 2 eggs, beaten
- 2 Tbsp cheese of choice, shredded

To serve:

- 1 slice toast, whole wheat/whole grain (or warmed naan cut into wedges)

Directions:

- Begin by heating the oil in a small non-stick skillet over medium heat.
- Add the frozen vegetables and chopped spinach. Cook, stirring occasionally, until vegetables are defrosted and spinach is wilted; about 5 minutes. Season with salt and pepper.
- Pour over beaten eggs and use a spatula to combine the eggs and vegetables.
- Once the bottom has cooked and set, carefully flip over the omelette.
- Sprinkle with cheese and fold in half.
- Serve hot with a piece of toast.

MEAL PREP TIPS AND HACKS

Choosing the Right Meals

1) Our July Theme is “20 Mins or Less” Meals, so **SAVE** your favorite recipes from those meal plans to your favorites in the app!

2) Search in the App for meals that have few ingredients, short cook times or meals that batch cook/freeze well like:

- egg muffins,
- casseroles,
- sheet pan meals
- wraps,
- chopped salads, and
- slow-cooker meals.

3) Search in App for meals that mimic quick meals you already know and love: like pizza, egg scrambles, snacks, seared meats and tray bakes.

MEAL PREP TIPS AND HACKS

Tips for Cooking Faster:

- [Watch the Knife Skills Masterclass.](#)
- Ensure that you have a sharp Chef knife and good cutting board handy! This helps you go faster.
- Grab a scrap Bowl & make a sink full of soapy water. (Clean as you go... and halve your cooking time)
- *Mise en Place* - prepare dishes and ingredients before serving your meals. Pre-cook beans, quinoa, meats, etc.
- Keep your food storage containers handy, along with painters tape for labelling.

Best Meals to Make & Freeze for Busy Days Ahead:

- **Breakfast:** frittatas, pancakes, waffles, baked oats, egg bites, breakfast sandwiches/burritos, smoothie bags & breakfast casseroles.
- **Lunch & Dinner:** casseroles, soups, chili, stews, burger patties & fish cakes.
- **Snacks:** Energy bites, bars, frozen yogurt, ice pops, nice cream, healthy cookies & muffins.

MEAL PREP TIPS AND HACKS

Best Make-Ahead Meals to Cook Once and Eat for 3-5 Days (no freezing needed):

- **Breakfast:** Overnight oats, chia pudding, parfaits, frittata, muffins, breakfast beans, breakfast bowls & granola.
- **Lunch & Dinner:** Bean and grain salads (they taste better as they sit!), soups, Mason Jar Salads, tuna salad for wraps and sandwiches, Buddha bowls.
- **Snacks:** Apple, kale or beets chips, trail mix, bean dip, crackers, guacamole, salsa, mousse, fruit crumble/crisp & fruit dips.

MEAL PREP TIPS AND HACKS

How to create your own balanced SOS Meal:

Step 1: Choose a protein. Our top choices are canned fish, canned beans, eggs, leftover chicken, tofu or Greek yogurt.

Step 2: Choose a few fiber-rich foods. We love frozen vegetables, canned tomatoes, fresh spinach, plus whole grains like brown rice or whole wheat bread.

Step 3: Include Healthy Fats. This could be olive oil, avocado oil, nuts and seeds, sliced avocado, a little cheese - or a combination of these ingredients!

By following these 3 steps, you can create an almost infinite combination of delicious meals - in a flash!

Think salads, rice bowls, stir fry, soups, omelettes or any creative combination that looks and tastes good to you. 🥰

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MEMBER LOVE

JULIE HAHN

"Guess who bought size 12 pants today! Happy happy dance! My whole life I didn't think it possible. Before vs after: 88.8kg (195 lbs) to 73-75-ish kg (160 lbs). This works, people."



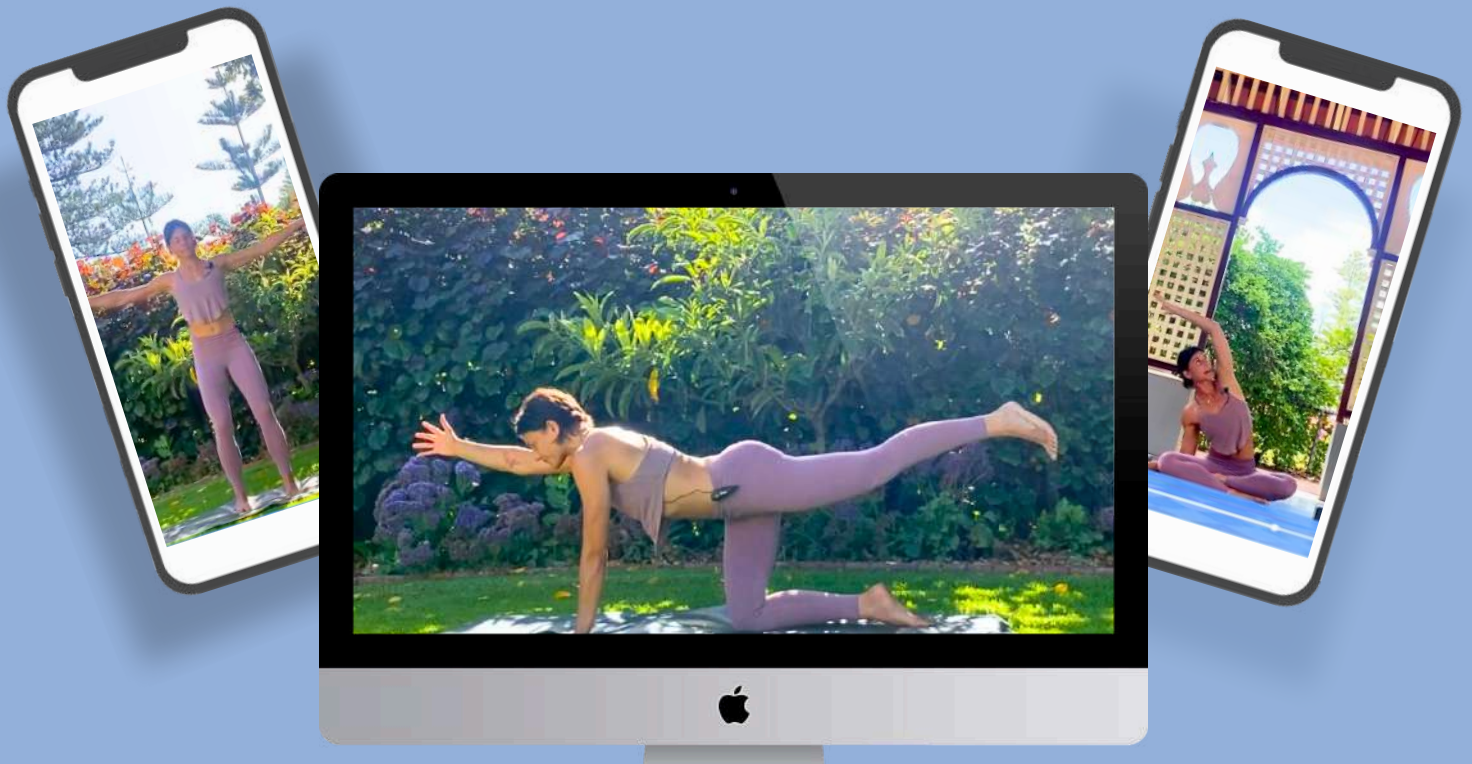
MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to increase metabolism and build muscle mass in women over 50...will improve your results compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping **70% off** our regular pricing. The best bit: Every workout can be done at home in 15 mins or less :)



[YES! GET THE OFFER](#)

www.homemademethod.com



“YOU CAN GET A
HEALTHY,
ENERGETIC BODY
OVER 50 AND IT'S
EASIER THAN YOU
MIGHT THINK...

YOU JUST NEED
THE RESET
RESPONSE!

ANNA RAKOCZY, FOUNDER
OF THE HOMEMADE METHOD

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If you've got any questions, please reach out to our team at member@homemade-cooking.com.